

# HSU Student Celebrates Life Post Quarantine



*Elise Fero recounts her experience after 10 days of isolation in her dorm*

**By Elise Fero**  
SEE COVID • PAGE 3

# Drastic declines in the 2020-21 budget update

*A quick and easy breakdown of how the university was impacted by budget cuts*

by Mikayla Moore-Bastide

The budget for this academic year was released on Sept 15. There are two sets of budgets laid out, the University Operating Fund and the All Funds Budget. Each budget provides the expenditure and revenue breakdown.

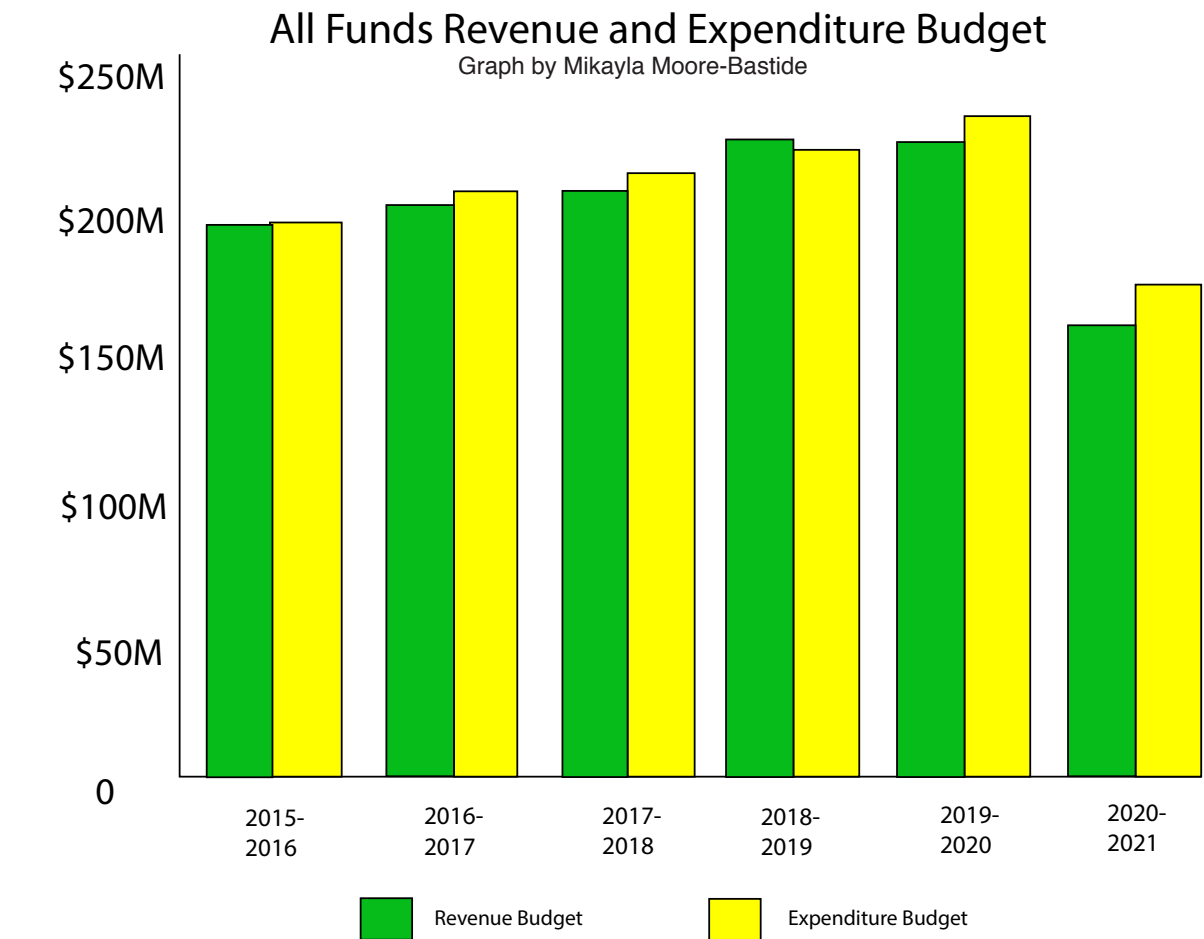
The All Funds budgets dates back to the 2015-16 academic year to display all changes that the budget had gone through throughout the last five years.

Both the Expenditure and Revenue All Funds budgets have significantly decreased in various ways.

The budget released this past week does not reflect any Center Activities, Center Arts or HSU dining services funds.

The revenue budget, is based on how Humboldt state University receives its money, is \$164.6 million. According to the 2020-21 All Funds Revenue budget, this was decreased by \$58.2 million. This is the first major decrease since 2015 and the lowest the budget has ever been since the last recorded academic year, 2015-16.

Educational Appropriations, which is just another way



of saying state and local funding, make up over 50 percent of HSU’s revenue. The amount of appropriations received for the 2020-21 academic year is \$85.6 million, resulting from a \$5.1 million decline. This is the

first reduction recorded since the 2015-16 academic year.

A quarter of the revenue comes from higher education fees, which includes tuition, student health, AS fees, graduation fee, etc. This portion

stands at \$42.2 million which is an \$8.2 million decrease from last year. This could be the result of COVID-19 causing drops in enrollment.

The expenditure budget, which is the budget based on

what the university will spend their money on, is \$180.5 million. According to the All Funds Expenditure budget, this was decreased by \$43.8 million. This is the first reduction in the budget since 2015 and the lowest the budget has been since the last recorded academic year, 2015-16.

The salaries and wages of HSU employees reflects 44.5 percent of the budget. These include not just tenured professors and lecturers but also department chair members, assistants, teaching associates, support staff and the university president.

The Regular salaries and Wages budget did have an overall decrease of \$8.9 million. With the budget dropping across the board, the president managed to increase his salary by \$10,000.

This is also the first time the revenue budget was significantly smaller than the expenditure budget since 2015. The usual trend is having the numbers very close in amount with a maximum \$5 million gap. This year’s budget has a \$15.9 million gap.



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# Flaws within Title IX risk students' security and protection

*HSU student shares their experience of sexual assault from a non-student member within their club*

by Dakota Cox

Title IX is a federal law protecting students from facing discrimination within any federally funded academic institution. Title IX prioritizes the significance of equal treatment of students, however, flaws in the investigation process leave some students feeling abandoned.

David Hickcox is the Title IX coordinator at HSU. When the Title IX office conducts an investigation into a sexual assault, they're required to remain impartial through the process.

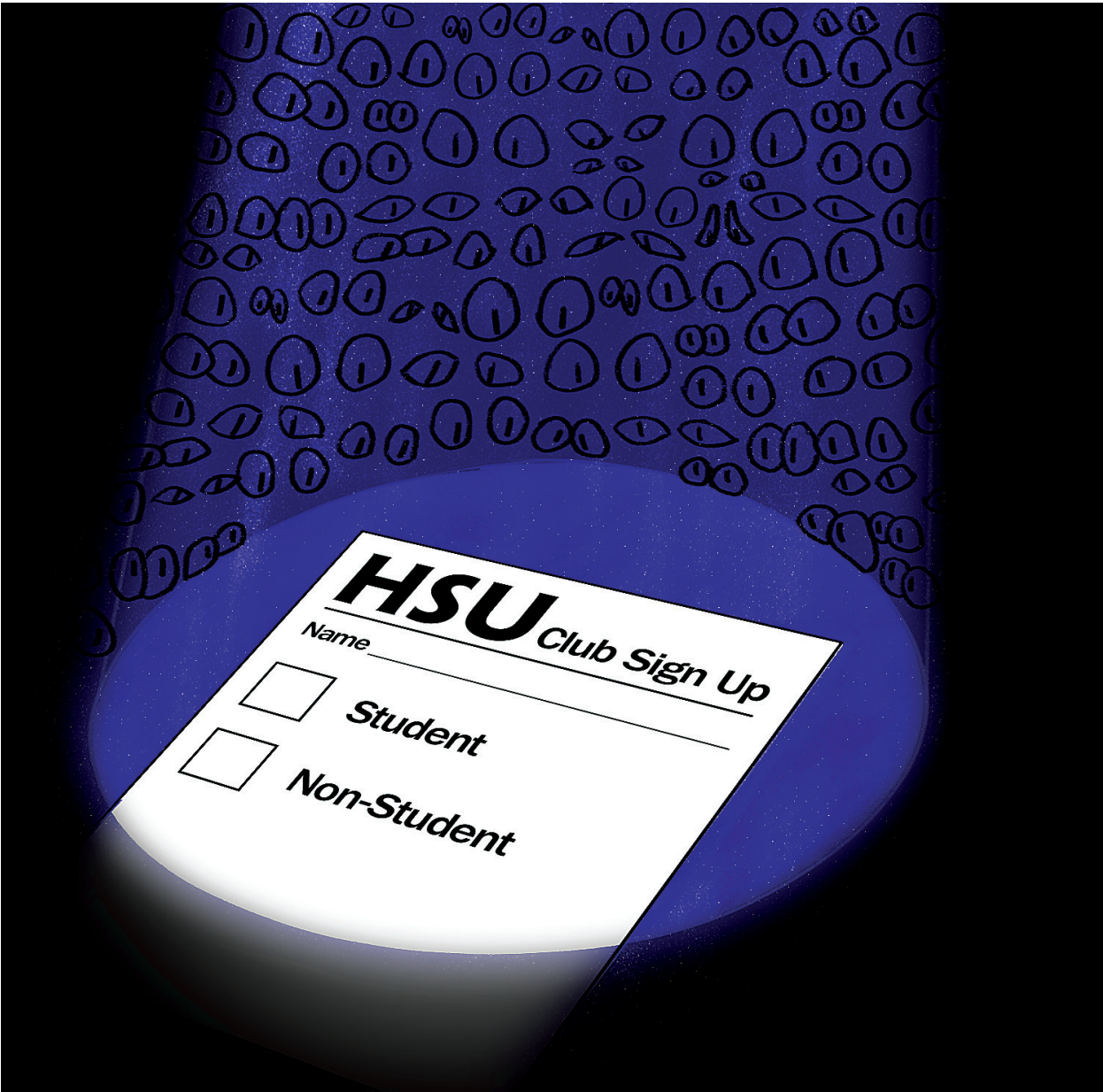
"I think it's human nature to want to assume that every person bringing a report is telling the truth," Hickcox said. "It's pretty clear cut that the person accused is responsible for that behavior, but I can't rush to judgment. I can't start treating that person unfairly and not giving them access to advice."

In a Title IX investigation, an investigator will be assigned to conduct interviews with the parties involved and witnesses willing to cooperate. They will also gather any relevant documentary evidence they can, including text messages, social media posts are collected. The investigator will then present the evidence to both parties, allowing for any questions, before writing up a report with their findings.

Prior to 2019, Title IX investigations were entirely done on paper by a single investigator. A CSU-wide policy change requires that all students be given access to a live-hearing, with the opportunity to question and respond to evidence used in the investigation before a finding is made.

In the case of non-students who participate in campus activities like rec-sports and clubs, the Title IX office has almost no jurisdiction as they're only able to investigate students or staff members.

"I can't compel a member of the community to come on the campus and talk to me and give me an interview statement," Hickcox said. "I can with a student, because guess



Graphic by Sam Papavsilou

what, I can put a hold on your student account and you won't be able to progress in your degree."

An HSU student-member came forward, wishing to remain anonymous. They shared their experience of being sexually assaulted by a non-student club member and demanded accountability and reform within club policy to exclude non-student members from joining.

Hickcox hasn't found there to be a disproportionate number of sexual-misconduct cases coming from the clubs department, and doesn't believe non-student members should be excluded.

"I think that might be a bit like the sledgehammer on the fly," Hickcox said. "But I think we could definitely target that behavior."

Through auditing cases, Hickcox discovered the of-

**"I read through a couple of cases where it was pretty clear that the students had lost faith in the process, because it was taking so long."**

-David Hickcox  
Title IX coordinator at HSU

fice wasn't properly following through with several victims. He took his concerns to the HSU Chief of Staff.

"I read through a couple of cases where it was pretty clear that the students had lost faith in the process, because it was taking so long," Hickcox said.

California State University executive order 1068 allows for non-students to become non-voting members of clubs on campus, provided they constitute less than 20 percent of each club.

Molly Kresl is the office of student life coordinator and oversees the clubs department. Kresel says this is a prevalent issue that's been happening at the CSU level for a while now, claiming non-student members pose a higher risk.

"It is because of push back from student groups who rely on their alumni and community members to support their

events and outreach that we permit the 20 percent max non-student membership," Kresl said.

It's ultimately up to each club to allow or not allow non-students to become members. Kresl works with clubs to put together plans of action to address problematic non-student members. Students can obtain a no-contact-order against another student or non-student.

Under CSU executive order 1095, all campuses are required to have a survivors advocate – a person to whom students can confidentially report sexual-assault, without any obligation to report to the University.

Rather than hire a single advocate to work from within HSU, the University has been contracting the local North Coast Rape Crisis Team. The NCRCT provides victims with a 24-hour hotline, one-on-one counseling and general advocacy.

Paula Arrowsmith-Jones is the community outreach coordinator of the NCRCT. Her job is to hear, believe and support victims of sexualized-violence.

"Our services are available to any person of any age or gender," Arrowsmith-Jones said. "Who has ever in their lifetime been impacted by some form of sexualized-violence."

HSU's Title IX office has recently been granted two new full-time positions, tripling the size of their department and expanding their opportunities to stop, remedy and prevent sexual misconduct on campus.

"No one should ever have to go through the betrayal and violation that an assault invokes," Anonymous said. "It's not just physical – it's also an overt psychological trespass that forces you to question the entire relationship you thought you had with the person who assaulted you. It's a form of injustice on the interpersonal level, a trickle-down of our society's attitude and response toward sexual assault, and it needs to be addressed."

## HSUPD officers and updates

*The process of finding a permanent UPD chief replacement moves forward*

by Morgan Deer

Humboldt State University appointed a new interim chief of police after the retirement of former Chief Donn Peterson, who served for five years and retired May 31.

Christina Lofthouse has over two decades of experience working in police departments at universities like California State University Sacramento to State as a lieutenant and at University of California Davis as a sergeant. She served as HSUPD interim lieutenant under Peterson for three months before her elected promotion.

Lofthouse is a graduate of the highly regarded FBI National Academy and has com-

pleted extensive additional training in areas including leadership, Clery Act, event management, internal affairs investigations and Title IX.

Duties at HSU include day-to-day leadership of the University Police Department, close collaboration with campus departments in support of student safety and the educational experience and oversight of partnerships with local law enforcement agencies.

"I consider it an honor and a privilege to lead the Humboldt State Police Department and I am excited to assist in meeting the unique challenges we face right now," Lofthouse said. "Our goal at HSU is to police with compassion, understand-

ing, and engagement, and to enhance communication to remove barriers. We are committed to providing and maintaining a safe and secure environment for our community."

Lofthouse served as operating as police chief for almost four months.

Currently, HSU is actively in process of selecting a new, permanent police chief. As of Tues. 22, the two candidates are Jason Wade and Helen Ricci after Kevin Kilgore dropped out.

Jason Wade served as Captain of University of Oregon's police department for almost four years. Wade

Helen Ricci is currently deputy chief of police at Rhode Island airport police.



Photo courtesy of Marcom  
Interim UPD Chief Christina Lofthouse

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# COVID-19 cheats the college system

*Asynchronous classes allow students flexibility at the cost of self-discipline*



HSU mathematics major, Drake Woosley, does his homework on campus because he doesn't access to the internet at home.

by Dakota Cox

Following the disastrous transition to online learning, students returning this fall express concern about the quality of their college experience moving forward.

Matthew Moretti is a botany major at Humboldt State University. Moretti took spring semester off after a particularly challenging fall but decided to return because he felt it was his only option in the pandemic.

"If there's any time to rush

through the rest of college, I feel that online courses are in a way easier, even if they have their unique challenges to them," Moretti said. "I think the asynchronous classes are particularly difficult and I need to have a lot more self-discipline than I think I have any other semester before."

Moretti's biggest gripe with online learning is missing out on the practical knowledge that comes with the hands-on experience of lab classes. He's delaying as many labs as

possible, in hopes they'll be held in-person in the near future. Unfortunately, Moretti couldn't avoid taking an online entomology, study of insects, lab this semester.

"We will not be able to collect or curate insects," Moretti said. "Which I feel is a real disservice to really understanding the ins and outs of the insect properly. You lose a lot without being in person."

Chris Bignery, HSU wildlife major, plans to become a herpetologist, working with amphibians and reptiles. His

online lab means missing out on educational field trips and important labs with species samples, but he couldn't risk losing his spot.

**“It’s an online school, it shouldn’t be the same tuition. That’s kinda ridiculous.”**

-Drake Woosley  
Mathematics major

online at the last minute. Regardless, she's carrying a positive attitude into the semester.

"Honestly, I'm really excited, I like all of my classes so far," White said. "I mean, I wish that things were different obviously but I'm still happy to be here."

White was attending community college last semester and like other students was forced to convert to online learning mid-semester. Her only concerns are the three asynchronous classes she's signed up for.

"I feel like it's a little bit harder to keep track of things," White said. "I think that's true of being online in general. It feels like things can get lost in the void."

Drake Woosley, HSU mathematics major, believes asynchronous classes are much more efficient because he doesn't have access to an internet connection at home, so he has to walk to campus every time he has class. He feels, generally speaking, there's a lot less being covered this semester than in normal circumstances and the tuition should reflect that.

"It's an online school, it shouldn't be the same tuition. That's kinda ridiculous," Woosley said. "There's almost nothing—no facilities are open. You're not getting anything other than the accredited university online degree."

# Students are dining in during the COVID-19

*Students survive COVID-19 by cooking for themselves and avoiding college cafeteria*

by Becca Laurenson

Whether they live on or off-campus this semester, students are facing new challenges in just about everything they do and dining is no exception. Meal plans are offered to students living on the campus at a steep price, but this semester students have resorted to cooking for themselves.

Humboldt State University botany major, Zeen Vincent, purchased a mini-meal plan but finds cooking in his dorm more affordable and enjoyable.

"It's just easier to cook at home and just buy groceries once a week than it is to go out and eat all the time," Vincent said.

Although the pandemic has turned trips to the grocery store into an uncomfortable mission, Vincent hasn't allowed it to affect him much. When he does prepare food, it's often raw ingredient based meals or snacks.

"I've been making a lot of sandwiches," Vincent said. "I am making burgers tonight so that's kind of special. I usually don't eat that on a daily basis."

HSU freshman, Jesse Barragan, lives on campus and has the green meal plan which is recommended for students who plan to cook on the weekends. Barragan eats at the J cafeteria weekly but is forced to occasionally cook when the J lacks in vegan options.

"Sometimes for dinner they may not have a lot of options," Barragan said. "Maybe like a few sautéed squash and rice but usually it is good."

With more vegan and vegetarian options than most plac-

es, Barragan is able to eat well on a budget. Barragan's meals involve easy-cooking in his dorm kitchen, using mostly veggies and produce.

"Lately I've been eating a lot of potatoes, squash, tomatoes and salads," Barragan said.

Although most students who came back to campus moved in at the end of Aug., HSU junior Vanessa Odom, stayed to pursue a work opportunity on

campus.

"There were no dining services," Odom said. "The J and everything closed back in March after spring break."

Odom discovered they could acquire free food from the Oh SNAP! program. Receiving mostly raw foods, Odom took the opportunity to sharpen their cooking skills.

"I really enjoy cooking for myself," Odom said. "Obviously

ly it's a life skill to have and I've learned a lot about different kinds of cooking."

Richard Shilts is a sophomore at HSU and has a job at Domino's Pizza in Eureka. He applied shortly after moving back to Humboldt and has been working as a delivery driver since July.

"I work just about every day of the week," Shilts said. "I work about 30 hours. I was working

like 40 before school started."

Shilts' main concern is work interfering with his education but the job pays too well to quit. Unfortunately, Shilts puts up with customers that are unwilling to abide by COVID-19 protocol, putting himself at a powerless, higher risk of getting sick.

"I can't do anything about it," Shilts said. "I just have to deliver to them."



Photo by Becca Laurenson

The J cafeteria entry way following the 6 ft apart arrows into the dining area on Sept. 14



# Tree sitters defend forest near Strawberry Rock

## *The Redwood Forest Defenders demand Yurok tribal land be returned*

by Shawn Leon

Green Diamond Resource Company, (GD), an Humboldt State University research partner and local logging company, made two clear cuts near Strawberry Rock in Trinidad this summer. Redwood Forest Defense partially blocked the logging by creating a tree sit village in the forest canopy.

A Redwood Forest Defense tree sitter risking arrest asked to remain anonymous, but provided the alias Lupine. Lupine said the tree sits were erected April 1 immediately after Humboldt County imposed the COVID-19 isolation order.

The company stopped about 20 acres, or 20 football fields, short of logging the whole area they originally intended. Roughly 100 acres between two timber harvest plans, Lupine said.

Karen Pickett from the Bay Area Coalition for Headwaters and an Earth First!er since the early 1980s believes protecting the forest is crucial.

“I guess forest defense is an essential job too,” Pickett said. “I find it really inspiring that people are up there doing this.”

Lupine and the tree sitters have defended a five acre area this year. In previous years the sitter protected the remaining untouched 20 acres of the timber harvest plan. Green Diamond and the Trinidad Coastal Land Trust are in active discussion over the 20 acres, wanting to preserve a strip of forest for trail access to Strawberry Rock.

Sarah Lindgren-Akana, Yurok tribe member and sec-



Photo courtesy of the Redwood Forest Defenders  
Strawberry Rock, Trinidad, on the right of two clear cuts executed this summer by Green Diamond Resource.

retary of the Tsurai Ancestral Society, an organization advocating for the Indigenous of the area whose land was stolen, said she supports the tree sitters.

“I really admire their dedication and I hope people are listening to their message,” Lindgren-Akana said. “While some may argue that this is just a small area, or that it is not an old growth forest, we need to keep in mind that over the past 500 years America has lost about 95 percent of its forest due to development and logging.”

Gary Rynearson, GD chief communications officer, claims the company stopped logging the clearcuts near Strawberry Rock more than three weeks ago.

“We think it’s dubious for them to say that [since] they have refused to file the completion paperwork [for the timber

harvest plan],” Lupine said. “We are staying here since they are still legally entitled, with-in the timber harvest plan, to come here and cut.”

Lindgren-Akana disapproves of the management practices of GD advocating for the land to be returned to the tribe.

“The Strawberry Rock property is within the Tsurai village and should be returned to the tribe for proper management and care,” Lindfgrn-Akana said. “The Yurok tribe can bring the land back into balance and ensure the plants and forest, animals and people all have something to enjoy for generations to come.”

Lupine supports Lindgren-Akana and the idea of the land being returned to its rightful protectors.

“The goal for this land is not to be held by an entity like the land trust, but to be re-

turned to the Indigenous people it belongs to, the people it was stolen from,” Lupine said. “Whether that be the tribal council or groups like the Tsurai Ancestral Society.”

Lindgren-Akana stated that the GD was starting to move towards a streambed that directly impacts the surrounding ecosystem.

GD declined to comment on stream encroachment and sustainable forestry practices.

Lupine said very little is done to ensure the company complies with sustainable forestry practices.

“I think there is very little oversight whether it is from those types of third party certifiers or whether it is from the state and federal agencies who are tasked with overseeing these things,” Lupine said. “I often wonder if [third party] certifiers are doing more harm than good.”

# How the redwoods are battling climate change

## *While the rest of the planet suffers, what will become of the Redwood Forests?*

by Elise Fero

While climate change continues to cause destruction around the globe, scientists are finding hope in a local tree: The Giant Redwood, or Sequoiadendron giganteum.

The trees are currently in the midst of a growth spurt, producing more wood in the past century than any other time in their lives, according to Save The Redwoods League, a nonprofit organization who protect and restore the California redwood forests. Researchers from Humboldt State University, UC Berkeley, Natureserve, United States Geological Survey and Colorado State University are working alongside Save The Redwoods League to understand the growing trees and how they will continue to respond to climate change.

The Save The Redwoods League and HSU published findings concerning the impact of climate change in the recent research paper Aboveground biomass dynamics and growth efficiency of Sequoia sempervirens forests. They found that within the redwood forests, there are massive amounts of carbon sequestration. “Sequoia forests may be the most effective to [sequester carbon], because they accumulate more aboveground biomass than any other vegetation, sustain higher rates of productivity than any other forest, and protect biomass produced via superlative fire- and decay-resistance.”

Carbon sequestration is “the capture and secure storage of carbon that would otherwise



Redwood trees in the forest behind Humboldt State University on Sept. 2.

be emitted to, or remain, in the atmosphere,” according to Encyclopedia of Energy, 2004. This means carbon is trapped in forests, soil, or oceans for long periods of time instead of entering the atmosphere. It can be done naturally or artificially, and is becoming a researched effort to delay global warming which is caused by increase of greenhouse gases, such as carbon dioxide.

This is why scientists are so interested in the natural car-

bon sequestration of the redwood forests. While this seems to be good news, there is still much research to be done.

NASA scientists have started to create a global map of where carbon is being stored, and how much carbon is being released through deforestation. The redwood forest is only a tiny part of that map.

Humboldt State University Professor Steve Sillett has worked on the research with Save the Redwoods League.

“Redwoods can do little to fight climate change as they occupy a TINY proportion of the landscape,” Sillett said in an email. “Even though they are impressive in many respects, too little of the landscape is covered by them to make much difference at the global scale.”

While the redwoods alone cannot create a global change, scientists are continuing to research the storage of carbon in forests and what this means for the future of the planet.

# How to sabotage your neighbor with banana slugs

## *Yellow is the new revenge*

by Elise Fero

Your neighbor Karen is having book club meetings, but you aren’t on the guest list. While these are totally not your style, you’re still salty that you weren’t invited. Here’s how to strike revenge.

Step One: Meet your new partner in crime. It’s yellow, fast compared to a rock, and full of slime... It’s the Banana Slug!! You will be working very closely together so make sure you’re comfortable with one another. Small talk is always a good way to begin. Example: “Your favorite color is yellow? Oh my golly so is mine!”

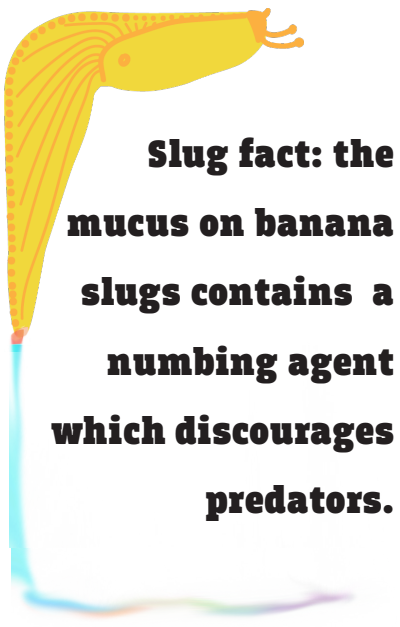
Step Two: Bribe the slug. This part needs to be done sneakily, and with a decent amount of blackberries. It may take awhile to gain its trust (literally because they’re slow) but eventually it’ll agree.

Step Three: Plant blackberry bushes in your neighbors yard. This part needs to be done by you, as the slugs struggle with strength. Doctor’s orders. If you can’t complete this Step, read Step Three and a Half. The slugs will be lured in by the blackberries and stay when they realize your neighbor is a gardener.

Step Three and a Half: Only read if Step Three could not be completed! Take a bucket into the forest. Collect as many banana slugs as you can and put them in the bucket. After you have over a hundred or so, place them in different areas of your neighbors yard. They will begin to repopulate as well as munch on Karen’s garden.

Step Four: Protect the slugs. Karen does not use pesticides because she is all natural, so the slugs will not be harmed. But be prepared that she may wish to speak to the slug manager. Each slug that hears her complaining deserves an extra blackberry.

Step Five: Move away. At this point the slugs will have taken over the entire neighborhood including your yard. They’re taking over the town next. Get out while you can. But remember, it was worth it. It was always worth it.



**Slug fact: the mucus on banana slugs contains a numbing agent which discourages predators.**



# Welcome to The Twilight Zone

*Comparisons between episodes of the classic TV show  
The Twilight Zone and our own dismal reality*

by Sophia Escudero

In what may be the greatest understatement of the century, 2020 has been a rather eventful year. Wildfires, a global pandemic, isolation, protests throughout the world, political turmoil, deaths of public figures, you could write a new version of “We Didn’t Start the Fire” for each month of the year. So, why not look to retro television for comfort? Why not explore a simpler time, when the greatest fears we had were looming nuclear war, human short-sightedness, crippling loneliness and the catastrophic realities of climate change? Oh wait.

1. Nightmare at 20,000 Feet (Season 5, Episode 3)

A man recovering from a nervous breakdown is the only person on his plane who can see the monster just outside the window. He attempts to warn his fellow passengers, only for people to assume he’s lost his mind. The fear of flying is certainly one many people these days are familiar with, as travel becomes a major factor in the spread of COVID-19. With the US government claiming it’s safe to reopen and many people ignoring mask and distancing guidelines, it can be easy to doubt one’s own concerns. Like the man on the plane, we find ourselves questioning if the invisible force of death is actually there. Are we overreacting, or do we

really see an imminent threat?

2. Where is Everybody? (Season 1, Episode 1)

A man finds himself alone in an abandoned town, with no memory of who he is or how he got there. He finds himself searching empty streets and abandoned shops for any sign of human life, only to be left alone with just his own thoughts for company. This certainly brings back memories of the beginning of shelter in place, when nothing was open and we all thought it would blow over within a week or two. Remember when it was pessimistic to say we wouldn’t be back to normal until fall? Good times.

3. It’s a Good Life (Season 3, Episode 8)

The citizens of a small town are cut off from the world at large and kept at the mercy of a six-year-old boy with reality-warping powers. They live in a state of constant anxiety about what fresh horror awaits while pretending everything is fine to avoid angering someone who doesn’t seem to understand that actions have consequences. What a classic American mood? The townspeople, in their defeated acceptance of the new normal, are certainly relatable to the average person in 2020 watching things fall apart while baking bread,

submitting assignments, and occasionally looking at the red sky to say, ‘Sure, this might as well happen. What’s next?’

4. The Midnight Sun (Season 3, Episode 10)

Two women are in their apartment building, slowly being consumed by unbearable heat as they await the end of the world. They cope with the loneliness by supporting each other as the world outside erodes. While the twist in this episode is certainly not one of the series’ best, the despair of the two women as the radio presenter snaps on air and paint boils on the canvas feels painfully relevant as wildfire season is upon us. Staying inside and distracting ourselves with hobbies is really all we can do, as we smell the smoke and watch the destruction on the news.

5. Time Enough at Last (Season 1, Episode 8)

An absentminded, bookish man is left alone in a ruined city after a bomb destroys everything and everyone he once knew. This episode is one of the classics, and it’s easy to see why. The sense of loneliness permeates the entire episode, even before the bomb drops. Our protagonist can only find solace from his abusive wife and belittling employer in the pages of his books, but

once he’s lost the interactions he’d taken for granted he finds himself sinking into depression. Unfortunately, like many of us who’d had grand quarantine plans of learning a language or writing a book have discovered, having all the time in the world doesn’t necessarily mean we can finally indulge in our dreams.

6. The Monsters Are Due on Maple Street (Season 1, Episode 22)

A small community is torn apart and devolves into a violent blame-game after the electricity goes out. In a time of abundant anti-Asian hate crimes in response to the “Chinese virus” pandemic, this episode is an excellent example of what not to do. Yes, things are bad there is no denying that. However, we need to remember that we have to look out for each other. We can’t go around blaming others for everything that’s gone wrong – we have to work with them to solve our problems. Wear a mask. Donate to fire relief funds. Call your representatives. Order takeout from local restaurants. Check in on your friends and family. Do whatever you can to support those around you. We can make it through this hellscape of a year, but we have to do it together.

## Oh Snap! Program

*pick up pre-packaged meals on the bottom floor of The J*

by Walker B. True

In past semesters, Oh SNAP!’s food pantry has been located in RWC 122, but due to COVID-19 the service has had to relocate.

Beginning on Sept. 7, HSU’s Oh SNAP!, has been providing free prepackaged bags of food on the bottom floor of the Jolly Giant Commons on

Tues. from 12 - 2 p.m. and 3 - 5 p.m., Wed. from 10 a.m. to noon and 1 - 3 p.m. and Fri. 9 a.m. - 1 p.m.

These bags can contain vegan, vegetarian or meat options and come with a selection of produce when available. Oh SNAP! asks that those who want to claim a bag come prepared with their student ID number, a mask and that they keep six feet apart.

If you are unable to stop by during the times provided, have been out of the area in the last two weeks, or are sick, Oh SNAP! can organize a delivery. Reach out to their email ohsnap@humboldt.edu to arrange with them.

In addition Oh SNAP! Is providing Medi-Cal and Cal Fresh on Fridays support services from 2 - 4 p.m. on zoom. If those times don’t work for you contact Oh SNAP! at ravin@humboldt.edu.

## Student Health Center services

*The SHC is serving campus with counseling, a pharmacy and more*

by Becca Laurenson

The Student Health Center provides multiple medical services besides COVID-19 testing, such as telehealth appointments, a pharmacy. They have also updated their hours due to the pandemic and all info on their main site, wellbeing.humboldt.edu.

Telehealth phone call appointments as well as in-person services are on Mon., Wed., and Fri. they are available 8:45 a.m. to noon and 1 p.m. to 4:15 p.m., and on Tues. and Thurs. 9:45 a.m. to noon and 1:00 to 4:15 p.m. In-person service appointments should be called ahead of time to schedule. The SHC is closed noon to 1 p.m. during the week, weekends,

holidays and summer months.

Pharmacy availability through the medical center has new COVID-19 hours. They are open Mon., Wed., and Fri. 9:30 a.m. to noon, 1:30-4:15 p.m., and Tues. and Thurs. from 10:00 a.m. to noon and 1:30 - 4:15 p.m. The pharmacy can be reached at (877) 256-3534.

Along with the pharmacy, other services are available such as sexual and reproductive services, bags of supplies for safe sex as well as hygiene products.

Counseling & Psychological Services (CAPS) offered by SWHS, are also available virtually for therapy sessions



Health workers at the Student Health Center help students at the COVID-19 testing center on campus during the first official day of select in person classes on Sept. 8.

and groups/workshops. There are trained mental health providers and psychologists as well as a therapist. To schedule an appointment or sign up for a group or workshop, their hours by phone are 8:30 a.m. to noon and 1:00 -4:30 p.m. at (707) 826-3236.

The Peer Health Educa-

tion Program is funded by the Student Health Center (SHC) which is a program to promote health-related activities for students to overcome food barriers in their lives. Health educators move around the student’s schedule.

Aileen Yoo, the Director of News & Information for HSU,

said that there are plans to update the SHC by “upgrading some internal systems in order to more efficiently report to local partners such as Humboldt County Public Health,”

The SHC can be reached at (707) 826-3146 and health@humboldt.edu.

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# HSU dining lies to students about menu options

*PETA claims HSU provides students with an A+ vegan experience, as a vegan, I disagree*

by Dobby Morse

Sometimes the Jolly Giant Commons has a good day and serves so much vegan food that one person cannot safely sample it all. But, that’s only sometimes.

Usually there’s always one vegan item, like oatmeal or watery green stuff, that I either cannot bring myself to eat or if I do eat it, I need to eat something else to feel full.

The time I wake up in the morning is dependent on how excited I am to eat breakfast. For instance, if the online menu advertises sweet potato sticks, hash brown triangles and tofu scramble, I am much more likely to get up before 8 a.m. than if the only veg-an option listed is oatmeal, diced potatoes or worst of all, nothing.

But the J’s online menu lies.

This morning tofu scramble was advertised. I got up, walked down the hill and up the four flights of stairs, only to find two different types of egg-based scrambles, one of them with cheese. No vegan scramble found.

It is just me?

Both of my roommates are lactose-intolerant omnivores. They say great things about the J like the food is nourish-



The Jolly Giant Commons side entrance on Sept. 14 connects the Hill, freshman living area, to the J’s dining commons.

Photo by Becca Laurenson

ing and affordable. They pick up freezer food, and soy milk was recently added, only because I asked for it.

Unfortunately, the Vegan Club did not respond to email or Instagram DM, and their social media pages haven’t been updated since before

COVID-19. I went to the next best thing, People for the Ethical Treatment of Animals.

PETA has a vegan college report card list where vegan students can rate their school. As of Sept. 22, HSU stands at a 73 percent approval rating. PETA’s grading rubric puts that percent at an A. However, as students we know a 73 percent is more like a C.

The written reviews are mixed, one reviewer stating the J falsely advertises vegan options.

Another reviewer speaks highly about a portabella pizza, szechuan tofu salad bar and a fruit bar.

There used to be a tofu bar? Or is this referencing the cubed tofu in the salad bar? I would love a tofu bar.

Either way, most of the reviews reference ‘Meatless Mondays,’ which was discontinued in Oct. 2017. So either fewer vegans are using PETA

or the site isn’t updated regularly.

The J responded to a few of my questions. Good news, they will be serving vegan pizza soon. They also mentioned having a considerable turnover in staff and institutional knowledge, which could explain the loss of tofu hummus burgers.

They also claim to use a variety of cooking styles and seasonings, which I personally haven’t seen unless it’s a good day.

Overall, I have hope. I will continue to contact them when I have an issue and encourage other vegan students to do the same.They will have issues but apparently they will also have vegan pizza.

Hopefully they continue the onslaught of tofu. I would like a day or two without tofu. If that’s all the vegan food they’re aware of though, I’m not going to risk it.



Photo by Thomas Lal

The J cafeteria stairway into the dining area on Sept 22.

## COVID

FROM PAGE 1

Isolation felt like home, not the home you want to be in, the home you’re stuck with until life gives you an opportunity for change. I spent days journaling and staring out the screen door at a single pinecone stuck between the boards of the porch I wasn’t allowed to step foot on.

After ten days, I finally received the call informing me it could be my last day in isolation. My first thought, ‘well shucks I just ordered groceries.’

As excited as I was, something inside me was terrified to leave. Most of my anxiety surrounding COVID-19 had disappeared. I was recovering fast and my parents, friends and boyfriend all tested negative, but I was experiencing a new kind of anxiety. Life after COVID-19.

My life had suddenly become full of consequences I had no control of. I watched friends lose opportunities because they were required to quarantine after spending time with me. I feared the current science could be

wrong, that my release could be lethal. I was consumed by an overwhelming fear that someone could’ve died because of me. Yet selfishly, all I wanted was to be set free.

When I was cleared for release, I let out a sigh of relief and broke out into tears and uncontrollable laughter. The second the call was over, I opened the door and felt the cool air rush past me without the filter of a screen standing between us for the first time in over a week. The simple act of stepping outside was an indescribable joy I’ve never felt before. I was finally able to pick up the pinecone that had stared at me for so long.

During those ten days in isolation, I’d planned exactly what I’d do when I was released. My list consisted of finding a dog to pet, reuniting with an army of banana slugs and going to the beach.

I was determined to return to the coffee shop where I had received the bad news that I tested positive for COVID-19. That first sip of coffee tasted like the conclusion to my horror.

I’ve never felt closer to nature than that day, on the beach and in the forest. The same day, I was reunited with my best friends the banana slugs.

For the next week, I spent as much time as possible outside. I abandoned my

**“Coronavirus was not just unpleasant, it was like living out a nightmare the world warned us to fear while facing the possibility of dying alone. The experience robbed me of all my comforts and left me deserted.”**

-Elise Fero

Writer for the Lumberjack

introverted tendencies and greeted everyone I saw. It was an awakening. For the first time, I experienced the world without taking it for

granted.

Coronavirus was not just unpleasant, it was living out the nightmare the world warned us to fear and facing the possibility of dying alone. The experience robbed me of all my comforts and left me deserted. Watching others claim that my illness was a lie and that they would never catch it. To be honest, I never thought I would either.

This virus is not prejudiced. It will try to kill anyone given the chance. Doctors pour their lives into patients who may not live to see tomorrow. Family members are forced to say goodbye, praying it’s not for the last time. Survivors are absorbed in guilt after watching others die from the virus they passed on. It never leaves your mind, the fact that you could’ve been a statistic on the list of those who passed.

For those who experience this virus, I share my story to provide you comfort. I was lucky to have survived. Not everyone is. I always had it in the back of my mind that others in isolation spend their final days alone.

I thank the universe this wasn’t my fate and for giving me more time to share my story and grow from it.

# Dear unconcerned COVID-19 customer,

*HSU student and essential worker exposes blatant ignorance of COVID-19 safety protocol*

by Carlos Holguin

An open letter to the maskless strangers at my place of work:

I cannot express in writing the amount of pure anger I feel every time I see people intentionally walking around my workplace without a mask. Truly, it surprises me just how passionate my inner dialogue becomes.

Why?

Why do you acknowledge the rules, posted everywhere and blared in the overhead speakers like a viking war horn every five minutes, walk in with a mask on and then immediately take it off the second you can?

I have seen you lick your fingers to better grip a product, cough openly or into your hand, wipe your nose and then reach out to touch produce. I even saw you embrace each other like war-torn lovers seeing each other for the first time in years.

How, after months of constant enforcement, you still refuse to listen to reason is almost impressive.

In any other circumstance, I would begrudgingly show a modicum of respect for this stubbornness.

My sticker, adhered to my chest like a name badge, states clearly to please maintain a safe distance, somehow encourages customers to get as close as possible before I ask you to back away.

You snap, bark orders and decry that you’re not sick, as if that makes anyone around you feel uncomfortable.

And to the relatively younger folks who scuttle away like basement-dwelling cockroaches when spotted without a mask, I see you too.

Do not think you are spared from the ridicule that is happening behind the doors of break rooms and storage rafters.

Everyone sees you, sneaking in drinks of Starbucks and eating food hidden in your sleeve or hoodie pocket. This is not high school where your obliviousness of your surroundings is quaint.

You ain’t slick, you’re just dumb and it takes every drop of my self-control not to reach over and scold you.

Please, for the love of every essential worker that you plaster praise for over Facebook and Twitter, just wear it. I know it sucks, and I don’t want to wear them either while clocking in at work, but I do.

Not because of workplace compliance or a state mandate, but because even after all of this I still care about you.

In all my anger and frustration with your incompetent inaction, I have never wished that you were to get sick.

I want this to be better, I want to see people embracing and feel happy for them, not scared of the possibilities. I want to go back to having you blame me for prices I cannot control, not laws designated by the state.

Don’t you want the same?



Astrology may be fake, but so are your hopes and dreams

*So make a recipe based on your sign and maybe you'll feel better*

Aries

The stars are telling me you're tired. There's nothing worse than lying awake, already feeling what it's like to wake up the next morning. Wound up tightness in your chest. Consider professional help but also consider this hot chocolate recipe! Drink a cup and dwell in pleasant weariness. At least until you set your alarm and see you have to be up in 3 hours and 23 minutes.

- **1 full cup of milk measured from your favorite mug**
- **2-3 squares of semisweet chocolate**
- **A few dashes of cinnamon**
- **Brown sugar to taste**
- **A dash of nutmeg if you're feeling saucy.**

Pour the milk into a small saucepan and heat on medium while stirring. When it's hot and steaming, but not boiling, switch to low and add the chocolate. Stir until it's melted and combined. Add in the sugar and spices to taste.

Taurus

You're no stranger to intense discomfort. You look into the past and cringe about the embarrassing stuff you've done. Memories hit you when you're trying to sleep. Maybe nothing was your fault. The stars aligned and made everything around you the most uncomfortable it could be. The memory feels like you're still there, cringing forever. Anyway, here's an unrelated recipe of what I was eating the first time my high school German exchange family brought up the Nazis:

- **Sliced ripe red tomato.**
- **Pieces of high moisture mozzarella.**
- **Leaves of basil.**
- **Salt.**
- **Pepper.**
- **Olive oil.**

Slice up your tomato to use as mini, edible plates for the rest of your ingredients. Season them with a little salt and pepper. Put a messy slice of mozzarella on each one and a leaf of basil on top. Sprinkle on a bit of olive oil. Maybe balsamic vinegar? Eat it and be kind to yourself. Remember it's okay to cringe but treat yourself like an old friend. An earned self-roast is okay, but look at yourself from the perspective of someone who cares about you. Forgive yourself. You can't do anything about the past now, but you can eat.

Gemini

If you're like me, you're Vitamin D deficient. The stars think you should look into it. Don't worry, I grew up in Arcata and I don't like going outside. You just needed prescribed supplements and a good tuna melt. Speaking of:

- **1 can of tuna. Treat your self to some nice, line caught, oil packed stuff.**
- **Enough mayo to make the tuna adhere to itself.**
- **Any bread, but I like some of that brio sweet French bread.**
- **Vegetables of your choice. I like green onion, green pepper and some celery.**
- **A few slices of cheddar cheese. Swiss if you're feeling a switch up.**

Open your can of tuna and nibble on some to appreciate it. Violently mash together your tuna and mayo until it seems like you could set bricks with it if you went any further. Chop up your veggies and mix them in. Spread a very thin coat of mayo over both sides of both slices of bread. Put them on a medium/medium low pan and let them toast a bit while you slice up and apply the cheese to both pieces. As soon as it's a bit melty, glob on your tuna. Close the sandwich and make sure the bread is sufficiently toasty. Just don't eat them every day 'cause of the mercury.

Cancer

Are your lips a bit chapped? No, don't lick them. Just dwell on how dry they are. Maybe the top layer of skin is cracking just a little. Where's your lip balm? You lost it or forgot it. Maybe you're wearing lipstick and you can feel it flaking a bit. There's a bit of dry lip under your mask and you hope the moisture of your breath against the cloth will soften your craking skinlips. Maybe you'll smile a bit too wide later and feel your lip spit like that guy at the end of Return of the King who greats Aragorn by the black gates. Don't worry, I've got a recipe for you:

Water

Leo

With all the ancient wisdom of the stars at my back, I diagnose you with not doing very well. I'm prescribing you a delicious black bean meal. Every ingredient is swappable, so the dish has unlimited variants.

- **1 or 2 eggs. Fried or poached.**
- **½ an avocado.**
- **½ a can of black beans.**
- **Salsa.**
- **Olive oil.**
- **Garlic.**
- **Spices such as cumin, cayan pepper, black pepper, or paprika.**
- **Salt.**
- **Low sodium broth.**
- **Optional cheese.**

Dump a few tablespoons of olive oil in a pan over medium/medium high. Wait for the oil to heat up and toss in an amount of minced garlic that feels right. When the smell starts to heal your soul, dump in half a can of drained black beans and enough broth to hydrate the beans. Season them and every time it starts to get a bit dry, add some broth. My favorite black bean texture is when most of the beans are whole, but it's all held together by a few crushed up beans. Just on the edge of refried. Poach or fry your egg and cut up your avocado into nice chunks. Put your beans in a bowl, test for salt, artfully place the egg, avocado and salsa, then sprinkle a bit cheese on top. You could do this with lentils, but that's not what the stars are saying to do.

Libra

The stars diagnose you with chronic sleepy disorder. I've got a prescription here for crawling back into bed and snuggling up. Make your mornings more pleasant by having breakfast ready to go the night before. Ive already play tested this recipe:

- **Half a carton of eggs.**
- **Chopped up sun dried tomato.**
- **Cheese**
- **Ham.**
- **Green onion.**
- **Sour cream.**

Mix all the eggs with well-chopped sun-dried tomatoes, a few sliced stalks of green onion, some cooked cubed ham, and a generous glob of sour cream. Distribute it evenly in a muffin pan and add grated cheese to each individual cup. Bake until an inserted knife comes out mostly clean. Try one and freeze the rest. Are they good? At first. Not after you've had one every morning for two weeks. But you will have eaten breakfast every one of those mornings and slept the extra 10 minutes. Worth it.

Scorpio

When I was younger, I had many much older men come up to me on the street and tell me that I looked tired and I should smile more. I hate to be the one to break this to you now, but you look tired. I won't tell you to smile more. Instead, I'll give you this recipe! Miso soup is good at any time. It's cozy before bed and makes a nice, simple breakfast.

- **2 cups of water.**
- **1.5-2 tbs miso paste or to taste. I use white miso for a mild taste.**
- **A few pinches of dashi. Dashi is a powdered Japanese soup broth available in most Asian markets or grocery sections. A small jar will last a long time.**
- **About a half cup of cubed silken tofu. Just cut it up and add cubes a few at a time until you think “Yeah, that looks like an ok amount of tofu.”**
- **Seaweed. I'm sure you can find nice stuff, but I usually just look around to see if anyone is judging me for my miso choices then cut up some sushi nori into squares.**
- **Optional vegetables: thinly sliced green onion, the most aesthetically pleasing small mushrooms at the store, grated carrot, or some of those extremely crisp bean sprouts.**

Boil the water, then switch it to low. Add and dissolve the miso paste. Then dump in the dashi, tofu, seaweed and veggies of your choice. Let it all stew until the tofu stops tasting like tofu and starts tasting like miso. Pour it into a bowl smile if you want to.

Sagittarius

A nice breakfast cannot solve your predicament. You probably can't solve your predicament either, but a quality, homemade breakfast can make it easier to bear. Some potatoes and an egg is what you need to not deal with your problems.

- **Two small russet potatoes.**
- **Bell pepper or jalapeno.**
- **An egg.**
- **Some salt.**
- **Paprika.**
- **Olive oil.**
- **Cold water.**
- **Optional additions like bacon, break fast sausage, avocado or toast.**

Fill a medium bowl halfway with cold water and add enough salt to make you go 'hmm, that's pretty salty.' Wash and cut the russets into small cubes. Put those cubes into the bowl of cold water and let them soak for a while. Take this opportunity dwell on your immense burdens. After about 45 minutes, heat up enough olive oil to coat a pan. Drain the potatoes and throw them on the pan at about medium. Once they've sizzled a bit, reduce to medium-low and cover. While you're cutting your peppers into cute little squares, let the potatoes cook until soft. Then uncover and crisp over medium-high heat with your chopped-up peppers. Add salt, pepper and paprika to taste. I like to fry up an egg in the same pan. There you go! A nice, hearty breakfast. Try not to think about how you'll have to face the world when you're finished.

Capricorn

All the rest of these horoscopes are recipes. I'd like the other signs to eat well and have a nice time. You're different. I suppose my recipe for you is to throw a potato into the back of the oven and let it burn. Perhaps you could marinate your chicken in NyQuil or bake some cookies without salt. Maybe the slightly off ground beef is looking appealing to you. Your stars are feeling malevolent. If I were you, I'd pretend not to be a Capricorn until they calm down. Stars are, of course, ancient beyond words, so their mood swings are lengthy. Look over the rest of the recipes listed here and see what looks the most appetizing. That is your new sign. Make the recipe and forget about your Capricorn ways. Eat it and make peace with the end of your old life.

Aquarius

You don't have energy. The frantic rush to get everything done drained you. You fit 30 hours into a 24 hour day and now your day off is a desperate stretch of staring at the wall, YouTube murmuring in the background. I do not have an immediate, non-violent solution, but I do have a small band-aid!

- **Most of a small blueberry pack**
- **1 tbs baking chocolate.**
- **1 tbs matcha powder.**
- **A few scoops of vanilla ice cream.**
- **Your milk of choice.**
- **An optional half a banana.**

Throw everything into a blender and use just enough milk to get it to blend, but not too much milk that it becomes a slightly cold liquid. I cannot vouch for the banana ingredient, but it seems like it could be good if you like those. Sip it on your day off and try not to think too hard about how your free time is almost as stressful as work.

Pisces

You need to chill. Imagine you're the drunken friend screaming about nothing in particular, and the stars are the mom-friend of the group nervously begging you to calm down. Maybe get something to drink. Maybe eat some fruit. Maybe both at once. My challenge to you is to make a smoothie with just as much sugar as anything it's supposed to be healthier than. Here's mine:

- **Frozen fruit: Blueberries, mango, strawberries and raspberries are my favorite. Just get a mixed berry bag and add in some mango.**
- **Lime juice. As much as you can bear.**
- **The zest of a lime.**
- **Mango juice. Maybe Kerns?**

Throw it all in a blender. Add enough juice to submerge everything and blend. It's the lime zest that really makes this. It also is great at hiding the alcohol I know you added you sneaky Pisces bastard.